Symptom Checklist For My GP Appointment

Tick what you've noticed, then note how often, how strong (1 = barely there, 5 = hard to function) and roughly when it started. A record to take to your GP or doctor — not a diagnostic tool and not medical advice.

Symptom	How often	Strength (1-5)	Since when
☐ Hot flashes			
☐ Night sweats			
☐ Sleep quality			
☐ Mood / irritability			
☐ Brain fog			
☐ Joint aches			
☐ Energy level			
☐ Libido			
☐ Periods changed (timing / flow)			
☐ Headaches			
☐ Heart palpitations			
☐ Anxiety / low mood			
☐ Vaginal dryness / discomfort			
☐ Bladder changes			
☐ Other:			
☐ Other:			

LAST PERIOD & USUAL CYCLE NOW

CURRENT HRT / MEDS / SUPPLEMENTS

The Reset Series · Personal use only · goodnotes / notability / xodo compatible · not for resale or redistribution

Questions For My Appointment

Write these at home, most important first — appointments are short. Tick each one off as it's answered.

THE ONE THING I MOST WANT TO COME AWAY WITH

QUESTIONS TO ASK

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

WHAT WE AGREED / NEXT STEPS

SEEN BY / DATE

FOLLOW-UP DATE

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